



The Inner Teachings of Taoism

Chang Po

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Taoist

inner alchemy is a collection of theories and practices for transforming the mind and refining the self.

The Inner Teachings of Taoism

includes a classic of Chinese alchemy known as

Four

Hundred Words on the Gold Elixir.

Written in the eleventh century by a founder of the Complete Reality School, this text is accompanied by the lucid commentary of the nineteenth-century adept Lui I-ming.

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